

FALL/WINTER PRACTICE SCHEDULES

Sept. 10, 2007 – March 21, 2008

MINIS

Monday and Wednesday 6:00-7:00pm
Tuesday and Thursday 5:00-5:45pm
Recommended attendance: 2/week

JUNIORS

Monday, Wednesday and Friday 5:00-6:00pm
Sunday 8:45-10:00am
Recommended attendance: 2/week

ADVANCED JUNIORS

Tuesday and Thursday 5:45-7:15pm
Wednesday 6:15-7:30pm
Friday 5:45-7:00pm
Sunday 7:00-9:00am
Recommended attendance: 3/week

SENIORS

OPTION 1

Monday, Wednesday and Friday 3:30-5:00pm
Thursday 4:45-6:15am
Sunday 6:00-8:00am

OPTION 2

Tuesday, Thursday and Friday 3:30-5:00pm
Tuesday 4:45-6:15am
Sunday 6:00-8:00am

Recommended attendance: 3/week

ADVANCED SENIORS

Monday - Thursday 3:30-5:00pm
Tuesday, Thursday and Friday 4:45-6:15am
Sunday 6:00-8:00am

Minimum practices required: 6/week

NATIONAL DEVELOPMENT GROUP (NDG)

Mon., Tues., Thur. & Fri. 6:00-7:30pm
Wednesday & Friday 4:45-6:15am
Saturday 5:00-8:00am

Minimum practices required: 5/week

NATIONAL TRAINING GROUP (NTG)

Mon., Tues., Thurs. & Fri. 3:45-6:00pm
Wednesday 3:45-6:15pm
Saturday 5:00-8:00am
Tuesday - Friday 4:45-6:15am

Minimum practices required: 7/week

REGISTRATION INFORMATION

NEWCOMERS' EVALUATION

Newcomers are swimmers who **did not participate** in the RMSC program either Fall/Winter 06/07 or Spring/Summer 07. Evaluations/practices for skill assessment and group placement will be held Thursday and Friday, September 6 and 7. Newcomers should attend one of the following sessions:

13 yrs. & over:	3:45-5:00pm
11-12 yrs.:	4:45-5:45pm
9-10 yrs.:	5:30-6:30pm
8 yrs. & under:	6:15-7:15pm

Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until the registration form has been completed and fees have been paid.

These sessions are available to all newcomers; however, RMSC-MAC encourages you to contact Christa Krukiel at christa.krukiel@montgomerycountymd.gov with the age(s) of your children and the day they will come in order to ensure that the proper coaching staff can be available at each evaluation session.

RETURNING SWIMMERS

A returning swimmer is someone who swam with RMSC last year, either the Fall/Winter 06/07 or Spring/Summer 07 season. All of these swimmers should pre-register for the Fall/Winter 07/08 program. To do this, COMPLETE THE REGISTRATION FORM, attach the FEE PAYMENT and return before September 1. This may be handled in person at MAC or mailed to:

MCRD-Aquatics
RMSC
4010 Randolph Road
Silver Spring, MD 20902

Pre-season practices for returning swimmers will be Tuesday and Wednesday, September 4 and 5.

Do not change your practice group assignment unless instructed to do so by your coach.



FALL/WINTER 2007-2008



**MONTGOMERY
AQUATIC CENTER**
5900 EXECUTIVE BOULEVARD
NORTH BETHESDA, MD 20852
(301) 468-4211



Sponsored by the Montgomery County
Recreation Department
4010 Randolph Road
Silver Spring, MD 20902-1099
(240) 777-6860

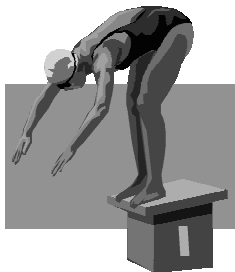
PRACTICE GROUP DESCRIPTIONS

DEVELOPMENTAL GROUPS

MINI: For 8 & Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation to competitive swimming, participation in meets and having a fun experience.

JUNIORS: For swimmers ages 9-12 who range from minimal skills in freestyle and backstroke to those who have working knowledge in the four competitive strokes. Emphasis is on competitive stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level. Competition to enrich developmental skills is highly encouraged and is available on the average of once a month.

SENIORS: For swimmers ages 13-18 who have a fundamental swimming background and are looking to improve further. New swimmers should have at least 2 years of MCSL or high school swimming experience and have a basic knowledge of all four competitive stroke technique through a group training dynamic. The goal will be to improve racing performance in both high school and USAS meets which swimmers are highly encouraged to attend.



ADVANCED GROUPS

Entry by coach's invitation only.

ADVANCED JUNIORS: For swimmers ages 9-12 who have achieved basic mastery of the four competitive strokes. The focus is on training for competition, goal setting, endurance and dry land exercises geared toward injury prevention. Coaches recommend three or more practices a week and USAS competition are required for all in this group.

ADVANCED SENIORS: Designed for the high school athletes who have a firm commitment to swimming and are looking for continued development in the sport. These swimmers train at a high level and are expected to participate in dryland training, attend USAS meets and be at practice a minimum of six times per week.

NATIONAL DEVELOPMENT GROUP: For swimmers ages 10-13 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in meets are required of all in this group. Swimmers in this group must make a minimum of five practices per week.

NATIONAL TRAINING GROUP: For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level. Swimmers will participate in water and dryland training as part of an overall program to ensure success. A minimum of seven practices per week is required. All participants will be re-evaluated at the end of the session to see if they have maintained the standards of the group.

PROGRAM FEE

Payable to MCRD, by VISA, MASTERCARD, CHECK or CASH (*Credit Card payments must be made in-person at the swim center*)

MINIS	\$745
JUNIORS	\$735
ADVANCED JUNIORS	\$945
SENIORS	\$840
ADVANCED SENIORS	\$1,020
NDG	\$1,000
NTG	\$1,125

Non-County Residents must add \$10 per swimmer.

This payment includes the United States of America Swimming membership fee and all the PVS meet fees for the Fall/Winter season.

To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment fees and payment plans are NOT available.

ALL FEES MUST BE PAID BY THE FIRST DAY OF PRACTICE.

If you have any questions about the RMSC program, please contact Christa Krukiel at christa.krukiel@montgomerycountymd.gov or call MAC at (301) 468-4211.

Registration Form for RMSC at MAC

Fall/Winter 2007/2008

PAYERS: Last Name _____ First Name _____ Email _____
 Address _____ City _____ State _____ Zip _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____
 Mother's Name _____ Email _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____
 Father's Name _____ Email _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____

PRACTICE GROUPS, COURSE NUMBERS AND FEES

**REGISTRATION AND
PAYMENT MUST BE
SUBMITTED BEFORE
THE FIRST
PRACTICE.**

MINIS (MIN)	193400	\$745.00	ADVANCED JUNIORS (AJG)	193402	\$945.00
JUNIORS (JR)	193401	\$735.00	ADVANCED SENIORS (ASG)	193404	\$1,020.00
SENIORS 1 (SR1)	194151	\$840.00	NDG	193406	\$1,000.00
SENIORS 2 (SR2)	194152	\$840.00	NTG	193408	\$1,125.00

Participant's Name (last, first, middle initial)	Date of Birth	Sex	Activity	Location	Course #	Fees*

*If you are a non-resident, include an additional \$10.00 per participant in the activity.

Total Amount Due

\$

Ways to register: ☐ Mail to MCRD-Aquatics, 4010 Randolph Road, Silver Spring, MD 20902 ☐ In person

Withdrawal policy: Requests for withdrawal must be submitted in writing. If your written withdrawal request is received on or after the start date of the program, your credit will be pro-rated on the date the request is received. In addition all refunds and all written withdrawal requests received seven days or less before the start date of the program are subject to a \$20.00 withdrawal fee.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit cards, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt. If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

☐ Check or Money Order (payable to **MCRD**) Check # _____

***VISA and MasterCard payments must be made in-person at the swim center.
This registration form must be submitted for RMSC registration.***

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____ Date _____